

Traditional Food-Based Meal Pattern for Lunch

Meal Component	Minimum Quantities				
	Required				Group V Recommended Grades 7-12 (12 years and older)
	Group I Ages 1-2	Group II Ages 3-4	Group III Grades K-3 (Ages 5-8)	Group IV Grades 4-12 (9 years and older)	
Milk (as a beverage)	6 fl. oz.	6 fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.
Meat or Meat Alternate (Quantity of the edible portion as served) Lean meat/poultry or fish Alternate Protein Product ¹ Cheese Egg (large) Cooked dry beans and peas Peanut butter or other nut or seed butters Yogurt, plain or flavored, unsweetened or sweetened	1 oz. 1 oz. 1 oz. ½ egg ¼ cup 2 Tbsp. 4 oz. or ½ cup	1½ oz. 1½ oz. 1½ oz. ¾ egg ⅜ cup 3 Tbsp. 6 oz. or ¾ cup	1½ oz. 1½ oz. 1½ oz. ¾ egg ⅜ cup 3 Tbsp. 6 oz. or ¾ cup	2 oz. 2 oz. 2 oz. 1 egg ½ cup 4 Tbsp. 8 oz. or 1 cup	3 oz. 3 oz. 3 oz. 1½ eggs ¾ cup 6 Tbsp. 12 oz. or 1½ cup
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry or fish).	½ oz. = 50%	¾ oz. = 50%	¾ oz. = 50%	1 oz. = 50%	1½ oz. = 50%
Vegetables/Fruits² (2 or more servings of vegetables or fruits or both)	½ cup	½ cup	½ cup	¾ cup	¾ cup
Grains/Breads³ Must be enriched or whole grain or contain germ or bran. A serving is a slice of bread (25 grams or 0.9 oz.) or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.	5 servings per week ^{3,4,5} Minimum of ½ per day	8 servings per week ^{3,4,5} Minimum of 1 per day	8 servings per week ^{3,4,5} Minimum of 1 per day	8 servings per week ^{3,4,5} Minimum of 1 per day	10 servings per week ^{3,4,5} Minimum of 1 per day
¹ Alternate Protein Products must (1) be processed so that some portion of the non-protein constituents of the food is removed, (2) have a biological protein quality of at least 80 percent that of casein as determined by PDCAAS, and (3) contain at least 18 percent protein by weight when fully hydrated or formulated. ² The specified portions must be met with at least two servings of different fruit(s) and/or vegetable(s). Full-strength vegetable or fruit juice may be counted to meet not more than 50 percent of this requirement. ³ For specific serving sizes see “ <i>Serving Sizes for Grains/Breads in Child Nutrition Programs</i> ”. ⁴ For the purposes of this chart, a week equals five days. ⁵ Seven-day operations must provide the following weekly totals for grains/breads: 7 servings for ages 1-2; 11¼ servings for ages 3-4; 11¼ servings for grades K-3; 11¼ servings for grades 4-12; and 14 servings for optional grades 7-12.					